



NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

Celebrate Winter!



~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

It is so hard to believe that we are already at our Winter Newsletter and talking about 2017! My how time flies when you are having fun!

Be sure to check out the following pages and see all the fun events we have scheduled to help make the winter go by quickly. Also make sure you check out the trip pages and stop by the Center to see what Lucille has planned for 2017!

I am pleased to announce that we are going to expand our "Crafting Club" and move it to Mondays. Check out the crafting pages to see what we have in store! To RSVP you can call or stop by the office.

As a gentle reminder to all our patrons we ask that all food be kept in the dining room. This will help keep our beautiful center clean and neat! Thank you all for respecting this rule and helping keep your center clean!

It's that time of year again! Just as a reminder to everyone if the Hudson School district has a delayed opening or no school due to inclement weather, the Hudson Senior Center is not open. You can find this information on TV on HCTV, Channel 9 or on our Town's website.

Thank you all for being a part of the Hudson Senior Center, and we hope you stop by again soon! If you have any questions please call or email me at: 578-3929 or lbowen@hudsonnh.gov.

Lori A. Bowen

Lori A. Bowen Senior Services Coordinator

CLOSED DATES FOR THE WINTER

December 26th

January 2nd

January 16th

February 20th

The Center is open
Monday-Thursday
8:45am - 3pm

From the Desk of the Hudson Recreation Director

Hello!

There are a lot of new activities to get involved in this winter at the Senior Center! See the calendar for details and days/times.

If you have any questions you can see Lori in the office or give me a call at 880-1600.

Sincerely,
Dave Yates

Dave Yates
Hudson Recreation Director

The North Barn Presents Special Events

HUDSON MEMORIAL SCHOOL WINTER CONCERT!

We will be joined by the Hudson Memorial Middle School Chorus as they share sounds of the season with us!

Please RSVP at the Center or call 578-3929.

December 20th

10:30am in the Function Room

SPECIAL MOVIE EVENT

"The Polar Express"

We are inviting you and your grandchildren to a special showing of "The Polar Express". We will serve Hot Cocoa and Popcorn. You must RSVP for this fun afternoon if you are going to bring your grandchildren. Thank you!

SPECIAL PAINTING CLASS

"BUTTON TREE"

You are invited to join us for our first big painting class on February 27th at 9:30am.

As this is during NH vacation week if you would like to bring your grandchildren you may. Please RSVP at the Office. The canvas is on display at the Center.

\$15 Per Canvas Special \$ for two

CHRISTMAS PARTY!

The Hudson Senior Center will hold its annual Christmas Party at the VFW on December 10th. Doors open at 11am. You may purchase tickets at the Senior Center. This event will sell out so buy them early!

MOVIE AFTERNOON!

We show a movie every Tuesday at 12pm. Join us in the Function Room!

December 6 – London has Fallen

December 13 – The Shallows

December 20 – The Phenom

December 27 - ****Special Event****

The Polar Express

January 3 – San Andreas

January 10 – Our Brand is Crisis

January 17 – Free State of Jones

January 24 – The Ides of March

January 31 – Risen

February 7 – Love & Friendship

February 14 – Lover Come Back

February 21 – Miracles from Heaven

February 28 – Eye in the Sky

March 7 – Hello My Name Is Doris

Movies subject to change based on availability. Please check in at the Center for final decision. More movies coming in the Spring, pick up your Spring newsletter for more information in March!

The North Barn Presents Tuesday Mornings 10:30am

DAVE SMITH PHOTOGRAPHY

We are pleased to welcome back Dave Smith to the Senior Center. He will be presenting his Photographs with a movie and presentation.

All are welcome!

December 17 at 10:30am

MUSIC CONCERT

We will be holding a music concert featuring:

The Hudson Memorial School Chorus

On December 20th!
Please join us at 10:30
In the Function Room
RSVP is requested

SNAP!

Supplemental Nutrition Assistance Program will be here on December 13th at 10:30 to discuss the benefits of SNAP! and registering patrons if you qualify.

MUSIC CONCERT

Featuring Benes!

Benes will once again entertain us with his guitar. Join us on

January 24th at 10:30am

No RSVP required

Coffee with the Cops

Join the Hudson Police Department for coffee and conversation. They will be here to answer questions and keep you informed.

12/27 1/31 2/28

Get your Blood Pressure Checked!

This free service is put on by the Massachusetts College of Pharmacy. Stop by and meet the newest pharmacy student to come to the Center, ask questions and get your blood pressure checked.
December 10 all morning

COLLETTE TOURS

Collette Tours will be presenting on their upcoming overnight trips at the Center.

February 21st at 10:30am

VALENTINE'S DAY TEA

Come celebrate St. Valentine's Day at the Hudson Senior Center! Your morning will include tea and cookies and we will be making a Valentine for a special friend or loved one.

Please RSVP at the Center to be included in this fun event!

Hudson Fire Department Safety Seminars

The Hudson Fire Department will be hosting informal safety discussions on the first Tuesday of every month. 10:30am in the Function Room

12/6 1/3 2/7 3/7

Corn Hole

9am Tuesday and Thursday mornings
At the:
Community Center
12 Lions Ave.

Billiards!

Our billiard table is ready for you to play
Monday – Thursday
8:45am-3pm

The North Barn Presents

A MATTER OF BALANCE

Mobility and Independence – The importance of balance in our lives.

A one hour presentation by Fred Daniels, MS. We all know the importance of balance to reduce falls, but Fred will explain the numerous causes of poor balance and what you can do to prevent falls and maintain mobility. The lecture is free.

Presentation on January 10, 2017

A Matter of Balance Class.

Fred Daniels, MS. Classes will be held one day per week for 90 minutes for 8 weeks. Many older adults have concerns about falling and so they start to restrict their activities. A Matter of Balance is an evidence-based program designed to manage falls and increase activity levels. In the program you will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. Each participant will also receive a balance assessment from Rick Rabito, MPT. The fee for the full 8 week program is \$15.

Class Starts 1/25/17 RSVP Today!

HOW TO USE EBAY CLASS!

Do you have extra stuff lying around? Are you trying to declutter? Just need more room? The Senior Center is pleased to announce we will be offering a how to use 'ebay' class!

Learn what sells and what doesn't, how to value your items and when to sell them. Create searchable titles and mobile-friendly descriptions. Learn how to take an upload simple, attractive photographs of your items. Find out how to complete sales and ship your items. Ebay is easy to use if you know what to do and what not to do! The class will end with listing on one or two items live right from the classroom!

Instructor: Glenn Della-Monica

March 15, 22 & 29, 2017

Space is limited, please sign up today!

Technology Classes!

Are you having trouble with your technology? Or maybe aren't sure of how to turn on your new phone? Do you want to get some games on your new tablet? Then we have the classes for you! Bring in your technological devices, and all the accessories and John will teach you how to use them!

John is here every other week to help make you a master of your technology!

He will also show you how to stay safe on the internet, keep your personal information away from predators and how to safely make purchases online.

Appointments Available 11am – 2pm

Please sign up at the Center or call 578-3929

LEARN ABOUT THE TELEVISION PROCESS AT HCTV!

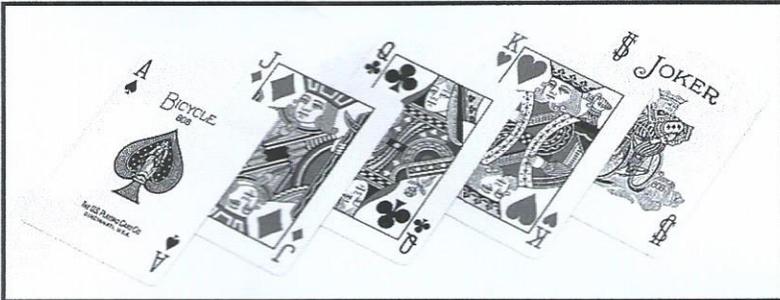
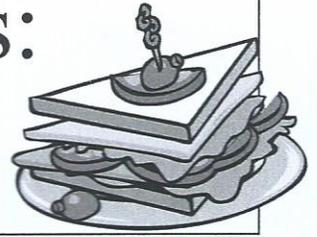
The Hudson Community Television is excited to offer tours and more of the Television Studio. The facility is open to the Seniors to take a tour, learn how the shows are created and produced, and learn how to use the equipment and the possibility to create and direct or star in your own show! Everyone is invited to join us on the first and third Tuesdays of the month at 1pm. Please check in at the Senior Center office with questions and to RSVP for your tour.

For more information about the Community Television Access Center you can also visit www.hudsonnh.gov

Art on Display

We have art on Display by HSC participant Meredith Landry. Meredith is a resident of Hudson and specializes in watercolors. Stop by the Center's library to see her amazing work!

The North Barn Presents: Fun & Food!



CALLING ALL CARD & GAME PLAYERS!

- Scat - Every day at 9:00 am
- Whist – Tuesday Mornings starting at 9:00 am
- Mah Jongg – Monday at 12:00 pm
- Mah Jongg – Tuesday at 9:00 am
- Pokeeno – Tuesday & Wednesday after lunch
- 7's – Tuesday & Wednesday after lunch
- Scrabble – Tuesday at 12:00 pm
- 45's – Tuesday at 12:30 pm
- Canasta – Wednesday at 12:30 pm
- Pinochle – Thursday at 12:30 pm
- Bingo – Thursday at 12:00 pm
- Community Puzzle – Daily from 8:45am – 3:00 pm
- Billiards – Daily from 8:45am – 3:00 pm
- Ping Pong – Monday at 12:00pm
- Cribbage – Wednesday at 9:00 am
- Bridge – Wednesday at 9:30 am
- Poker – Wednesday at 11:30 am
- Board Games – Tuesday at 12:00 pm
- 45's – We are looking for players, sign up today!
- Mexican Train Dominoes – Wednesday at 12:00pm

There is always room for a group to sit down and play a game....just check in with Lori for cards!

We have lots of board games to play at the Barn, don't be shy!

(Depending on the game, bring your pennies, nickels and dimes!)

LUNCH!

Lunch is served every day at 11:30 in our Dining Room...please join us!
Please sign up in person or call 578-3929 and RSVP one week or more ahead of time for our hot meal of the day.
Menus are available at the Center and online www.hudsonnh.gov

Dining Room

You are always welcome to bring a bag lunch or a snack and enjoy our dining room! Coffee & tea are available for 25 cents.

Coffee Club

The Coffee Club is open to all, even if you don't drink coffee! Coffee is ready any time after 9am on Tuesdays.



LUNCHEON GROUP

The Luncheon Group visits local restaurants every month. They meet the third Monday of the month. RSVP at the office to get your coupon. There is discount or special meal each month just for our patrons! The Menu and Place is located on our bulletin board at the Center.
See Lori if you have any questions.



TAKE A TRIP WITH US!

VISIT THE TRIP OFFICE WED & THURS 9-11AM

Lucille Boucher is the trip coordinator for the Hudson Senior Center. You can leave her a message through the Senior Center phone lines at 578-3929. You may also leave a check and slip with the trip information at the main office in the Barn. You can access all the forms for the trips on the website: www.hudsonnh.gov.

All Forms and more information can also be found on the Trip Bulletin Board at the Barn.

Lucille can also be reached at 889-1803, outside of the Trip Office Hours (W & TH 9-11am)

****Please Note**** If all seats are not reserved, a trip may need to be cancelled. Deposits are due at time of reservation and final payment is due 40 days prior to trip leaving. Checks can be made out to Town of Hudson.

Edwards Twins!

**Performing at the
Newport Playhouse**

May 8, 2017

\$87.00 per Person

Buffet Lunch

Ricky Nelson Remembered

April 20, 2017

Price: to be announced

Performance by Ricky's twin
sons. RSVP today!

"A Little Bit of Ireland"

Regale Music Theatre

In Waltham Mass.

Sunday, March 12, 2017

\$89.00 per person

Lunch at the Chateau Restaurant

The Crazy Time Play & Lobster!!!!

Join us for a trip to the
Newport Playhouse
For a play and cabaret show!

October 16, 2017

\$89 per person

Foxwoods!

\$32 per person

March 2017

Spend the day with us at
Foxwoods Casino!

We will leave nice and
early so you get a full
day in, play slots or
Bingo and enjoy the
Buffet.

Day includes free slot
play, lunch buffet,
transportation and fun!

Tell your friends, we
always fill the bus so get
your reservation in
today!

Collette Tours

9 Days in Canyon Country

Price varies upon occupancy

Collette Tours will be at the
Center on Tuesday February
21, 2017 at 10:30 to give a
presentation on this and
other trips coming to the
Center.

"Million Dollar Quartet"

Tribute to:

**Jerry Lee Lewis, Carl
Perkins, Johnny Cash
& Elvis Presley**

Venus De Milo

\$ 90 per person

September 21, 2017

Bee Gees

"Staying Alive"

Tribute Band

Danversport Yacht Club

May 24, 2017

\$90 per person

TAKE A TRIP WITH US!

Tribute to the Legends of the 60's
featuring Don Who? And
comedian Glen Anthony
Thursday August 3, 2017
\$81 per person
The White's of Westport is your
host for the day

Lancaster Pennsylvania
June 4-7, 2017
4 day trip to Penn Dutch Country of Lancaster, Pennsylvania.
Included in this trip are tickets to the theater, meals, tours of the
area, and lodging at a Country Inn.
Prices vary by occupancy, please see Lucille for details, this is a
multi-day and overnight trip

Illusionist Adam Trent

April 19, 2017

\$96 per person

Harts Turkey Farm
& Train Ride
on the Winnepesaukee
Rail Road

October 13, 2017
\$79.00

There are more trips being
booked for 2017
Stop by the trip office on
Wednesday or Thursday
mornings from 9-11am.
Located in the Library
at the Barn.



**Mary Ann
The Tailor**
Custom Sewing, Alterations
& Mending too.

*Located just behind Continental
Academy of Hair Design"*
**For Appointment Please Call
(603) 882-7309**

**SPACE
FOR SALE**
Great Medium to Reach
the Senior Citizens!
CALL 603-601-8047
Email:
seniornewsletter@aol.com
OR WRITE TO:
**SENIOR NEWS
PUBLICATIONS,
7 PHILBROOK TERRACE
HAMPTON, NH 03842**

**House Cleaning
For The Senior
Citizens**

*Once a Month or Bi-
Weekly or 1 Time
Only!*

**Please call Joyce at
603-275-6469**



**Your
Healthcare.
Our
Dedication.**

- Home Oxygen - Stairlifts
- Walking Aids - Scooters
- Bathroom Safety - Sleep Therapy

KEENE MEDICAL PRODUCTS
101 Elm Street, Nashua, NH 03060
1-603-595-2097 www.keenemedical.com
"Bringing Healthcare Home Since 1975."



Accredited by CHAP



**THE
RESIDENCE**
at Salem Woods
Independent Living & Assisted Living • Reflections Memory Care

**SCHEDULE A PRIVATE
APPOINTMENT TODAY!**

Contact Brittany Talbot
603-890-0580
btalbot@residencesalemwoods.com

6 Sally Sweet's Way • Salem, New Hampshire
www.residencesalemwoods.com

FOR MOVING AND SHAKING!

YOGA

Chair and Mat Yoga are being offered at the Hudson Senior Center.

\$5 each class

Chair – Mondays at 9am

Mat – Mondays at 10:30am



LINE DANCING WITH GAIL

Gail teaches new dances each week and really gets you moving! This intermediate to advanced class is

Wednesdays at 10:30am.

Cost is \$3 per person, per class



WALKING & SNOWSHOEING GROUP

If interested please stop by the office. We will go any day you can!

We are also looking into snowshoeing again! Let us know what day you would like to go!

AEROBICS WITH SYLVIE

Aerobics with Sylvie meets on Wednesday mornings at 9am.

Please bring your hand weights and smile, as you do low impact aerobics and balance exercises. Then finish class with chair and hand weight exercises. This is an all abilities class and all are welcome! Please see the office to sign up to guarantee a spot. Cost is \$3 each per class.

PICKLEBALL!

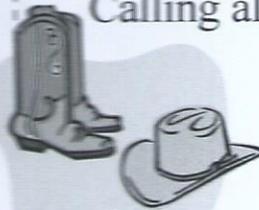
Come to play Pickleball with us!

Sign up today! \$12 a year to be a part of the fun! For all those that sign up or have signed up before we now have Pickleball T-Shirts for you! We are also going to re-register for Pickleball starting in October for the 2016-17 year, and will go "back" inside mid-October as it gets cooler out.

Beginners Line Dancing!

Calling all beginners! Class starts at 11:45, and will cost you \$3 per week.

We are always looking for new dancers, join us this Wednesday!



BONE BUILDERS!

Bone Builders is offered at the Hudson Senior Center! Classes are every Tuesday at the Barn at 9am.

Stop by the Barn for doctor forms.

\$1 donation per class.

This total body work out is good for your muscles and brain!

You need a doctor's note to participate so stop by and get the forms from Lori today!



There are two exercise bikes at the Center. They are available during the hours of operation.



PING PONG

We play Ping Pong on Monday afternoons from 12:00-3pm. Bring your paddle or borrow one from the Center and come and play!

For Our Creative Friends (or those that want to be)

QUILTING GROUP

We have started a group on Wednesday Mornings that will take on various projects together. Please stop by and check it out, join us or donate fabrics. Wednesday Mornings at 9am

“Do you want to build a snowman?”

Join us to make a hanging snowman, perfect for your door to brighten up your winter!
\$5 per snowman
RSVP at the office today
January 30, 2017
9:30am
There is one on display at the Barn!

MAKING VALENTINE’S

We will be making three Valentine’s Cards, perfect for giving this Valentine’s Day. Complete with an envelope and stamp. Bring your imagination and a few addresses to make this craft complete.
\$5 for three
February 6, 2017 9:30am

3D PAPER SNOWFLAKES

Just like when you were a kid, we are going to make paper snowflakes! These will have a twist though, so RSVP to join us! There is one on display at the Center in the Hallway. Free Craft, just please RSVP! January 9th 9:30am

Paper Flowers

We will be making a paper flower bouquet on March 6.
\$7
9:30am please RSVP

BIRD SEED HANGERS

Come make a bird seed hanger for outside your window.

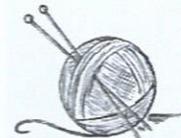
This Craft is a cookie cutter and birdseed craft.

\$7 for two hangers.

February 13th
9:30am

Silver Knitters

Thursday Mornings at 9am
Bring your craft that you are working on and join us in the Lounge! If you don’t know how to knit, crochet or cross stich we can teach you!



shutterstock - 119787181

PAPER MITTEN GARLAND

Come make paper mitten garland to warm up your winter! We will make this fun garland on JANUARY 23rd
At 9:30am
Stop by to see this fun craft and join us in January!
\$5 per garland

SPECIAL PAINTING CLASS

“BUTTON TREE”

You are invited to join us for our first big painting class on February 27th at 9:30am! As this is during NH vacation week if you would like to bring your grandchildren and participate together, you may.

Please RSVP at the Office, and you must register by February 12th.

The idea canvas is on display at the Center.

We are also collecting buttons for upcoming projects if you have any you would like to share.

\$15 Per Canvas

Special \$ for two

Other Happenings at the Barn!



PHOTOGRAPHY CLUB

Join us the second Wednesday of the month for the photography club. Each month the group will choose a topic to photograph and then share their pictures.

SENIOR MEETING

The Senior Meeting continues to take place on the 2nd and 4th Thursday of each month and all patrons of the Senior Center are invited! The meeting takes place just before lunch at 11am. If you have something to add to the agenda please contact the office at 578-3929. See you there!

SENIOR AFFAIRS COMMITTEE

Tune in to Gov. Channel 22 on Comcast to watch our advisory council quarterly meetings. See Lori for more details or to be added to the agenda, or consider joining us for public input!

FOOT CLINIC

The Foot Clinic is being held at the Barn on the 4th Wednesday every other month. Please contact Home Health and Hospice at 882-2941 to set up your appointment time.



MEN'S MEETING

There is a meeting at the Barn for all our male patrons interested in discussing men's topics. Whether that be politics, health, sports or anything other topic! Charlie Matthews, director of the Rodgers Library is sitting in as the moderator for this meeting. The meeting gets underway at 10:30 on the first Thursday of the month.

Join us in the lounge!

FREE BLOOD PRESSURE SCREENINGS

The Massachusetts College of Pharmacy stops by regularly to offer free blood pressure screenings. The next time they will be in is in January on a Tuesday morning. Stop by the Center on the 10th & 17th to see the Pharmacist Students!

See the bulletin board for exact times.

AFFORDABLE HEARING LLC

*Free Hearing Evaluation.
Lowest Hearing Aid Prices.*

Chris Streeter is here the first Tuesday of each month from

10:00am-12:00pm.

You can find him in the Library, or sign up in the office for a guaranteed appointment time.



Be sure to stop by the Center to check out what we are up to! There is always a group's donation box in our lobby, signs on the bulletin board for upcoming community events and information about our local government.

We collect: glasses, plastic bags, box tops for education coupons, grocery and product coupons, new crossword puzzle books and we have a donation bin in the hall for your convenience.

The Hudson Senior Center Calendar

MONDAY

8:45am Center Opens
 9:00am Chair Yoga \$5
 9:30am Art Class (varies please RSVP)
 10:30am Mat Yoga \$5
 11:30am Lunch
 12:00pm Ping Pong
 12:00pm Mah Jongg
 3:00pm Center Closes

1st Monday of the Month:

Free Hearing Screenings

TUESDAY

8:45am Center Opens
 9:00am Coffee Club
 9:00am Bone Builders \$1
 9:00am Mah Jongg
 9:30am Whist
 10:30am North Barn Presents (see page 3)
 11:30am Lunch
 12:00pm Movie Afternoon (see page 2)
 12:00pm Hand in Foot
 3:00pm Center Closes

WEDNESDAY

8:45pm Center Opens
 9:00am Aerobics \$3
 9:00am Trip Office Open (to 11)
 10:30am Line Dancing \$3
 11:30am Lunch
 11:45am Beginners Line Dancing \$3
 12:30pm Canasta
 3:00pm Center Closes

THURSDAY

8:45am Center Opens
 9:00am Trip Office Open
 9:00am Silver Knitters
 11:00am Technology Classes (by appointment)
 11:30am Lunch
 12:00pm Bingo
 12:30pm Pinochle

1st Thursday of the Month:

10:30am Men's Meeting

2nd & 4th Thursdays of the Month:

11:00am Senior Meeting

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

CALL 603-601-8047

Email: seniornewsletter@aol.com

OR WRITE TO:

SENIOR NEWS PUBLICATIONS,

7 PHILBROOK TERRACE, HAMPTON, NH 03842

ABOUT THE SENIOR CENTER

Registration for 2016-17 starting in July

We are taking new registrations and renewing old ones every day, but starting in July you can register to participate for 2016-17. Please remember you must register to participate in any program at the Center. You can register any day the Center is open. Forms are available at the Center (Barn) or you can find them on the website at www.hudsonnh.gov under the Recreation Department / Senior Center.

Registration is \$10 a person and checks can be made out to Town of Hudson. Thank you for being a part of the Hudson Senior Center!

HUDSON SENIOR CENTER

LOCATED IN THE NORTH BARN AT BENSON PARK
19 KIMBALL HILL ROAD HUDSON, NH 03051
603-578-3929
WWW.HUDSONNH.GOV
lbowen@hudsonnh.gov

HOURS OF OPERATION

Monday: 8:45am – 3pm
Tuesday: 8:45am – 3pm
Wednesday: 8:45am – 3pm
Thursday: 8:45am – 3pm

We are not open Friday, Saturday or Sunday.



The 5 W's about the Hudson Senior Center

What: The Hudson Senior Center is an active adult recreation center that focuses on improving the daily activities of the local population of residents age 55 or older.

Who: Anyone over the age of 55, or their spouse if younger

Where: 19 Kimball Hill Road, Hudson NH (603)578-3929

When: Monday – Thursday
8:45am-3pm

Why: To be more active, make new friends, have a good lunch, get in shape, stay healthy and more!

How: Register any day at the office! \$10 registration fee per year; per person. You can also download the forms off the website at:

<http://www.hudsonnh.gov/departments/hudson-recreation/senior-center>

INCLEMENT WEATHER NOTICE

Please be advised if the Hudson School District has NO SCHOOL or a DELAYED OPENING due to inclement weather, the Hudson Senior Center will not be open. Please stay safe and be careful when traveling.